



# THE FOREST RUNNER

THE NEWSLETTER OF BRACKNELL FOREST RUNNERS

DECEMBER 2007

## INSIDE THIS ISSUE

Contact the Committee	1
Ramble from the Roberts	2
The Running Nemesis	2
Race Reports	3
Personal targets	5

## WHERE & WHEN WE MEET



The Club meets about three times a week: at the Look-Out on Sunday mornings (10:00am), the Bracknell Sports Centre on Monday evenings for a social run (6:45 pm) and Wednesday evenings (6:45pm for a prompt 7:00 pm start) on the track.

Some also meet at other times during the week for a run. So just ask around.

## EDITOR'S NOTE

Wishing you all a very Happy Christmas and a safe New Year!

Can you believe that it's that time of the year again. With white frosty mornings and the hope of a few runs in the snow around the Look Out, sadly I won't be able to do it again this year as...yes you guessed it, we are expecting again. The new baby is due in April so London will be out in 2008.

We look forward to the mince pies evening at the Leisure Centre as this is a great opportunity to meet up with friends old and new! We welcome the new members and we congratulate those who have made London 2008!

Happy Running – Corinna Tannian

[www.forestrunner.org.uk](http://www.forestrunner.org.uk)

The Forest Runner is no longer distributed via email. You will be able to obtain your copy from the track on the Wednesday following publication or from the Look Out on the Sunday. You will also be able to view copies of the Forest Runner when you visit our website [www.forestrunners.org.uk](http://www.forestrunners.org.uk)

Publications dates for 2008:

March  
June  
September  
December

**AS ALWAYS, MORE ARTICLES REQUIRED -** Many thanks to those of you who have submitted articles. We're continually looking for articles for the newsletter and it has been a disappointing year with regard to being able to publish the newsletter. Please send to: [corinna.tannian@sky.com](mailto:corinna.tannian@sky.com).

## CONTACT THE COMMITTEE

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Elaine Armour – Ex Officio

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Mike Raistrick – Web Administrator, [webadmin@bracknell-forest-runners.org.uk](mailto:webadmin@bracknell-forest-runners.org.uk)



## RAMBLE FROM THE ROBERTS...

It's been a while since the last newsletter, and thinking back there have been a few notable events.

We had a good number of runners and supporters come down to the New Forest 10, many regular faces plus new ones, all had a good time (I hope) and the weather was a bit kinder than the previous time when it approached 30 C. If can encourage a few more people, perhaps do this again next year, unless someone wants to suggest another venue.

John Sturley finally reached his 100 Marathon target and New York this year, despite a few set backs this year he came across the finishing line with his son. Many congratulations we hope to see him with his 100 Marathon Club T-Shirt soon.

The Website has a new creator/administrator, Mike Rastrick, who has done a great job, please login in for the latest information and make use of the Forums.

The XC have started and the Ladies are doing very well with 2 2nds and a 1<sup>st</sup> place. The men lagging behind with 4<sup>th</sup>s.

Peter Streather completed an amazing ultra run in the Alps, read on for more information.

This could be my last writing as I am standing down as chair this year, so if anyone is interested in taking up the role or just joining the committee then please ask me or any of the other committee members about it.

The BFR XC has moved to Light Water Country Park this season, mainly due to the rising costs of the Lookout, we still need all you help to make this a success. If you want to help marshal or help with the food then please give your names to John Sturley.

We have some "no running" kit available, Fleeces, rugby shirts, hoodys and jackets. Samples will be available on the first Wednesday of each month. They are made to order, so can have our name added for a small amount.

**John Roberts**

## THE RUNNING NEMESIS...

This is a technique for improving your times and enjoyment of races without having to do anything silly, like track work or fartleks. The running nemesis is your own personal target man (or woman), some poor unsuspecting soul who has no idea about it, but is the person you have taken a dislike to early in the race or even before the start that you absolutely must beat at all costs. They may not have done that much to you to earn this accolade, they may have just brushed passed you a bit too closely or got in your way at some point or even just looked a bit too full of themselves at the start for your liking. Alternatively it could be somebody you didn't think was dressed quite appropriately, perhaps somebody overdressed and definitely anyone in a football or rugby team shirt. It doesn't really matter how you select them just find someone that you can build up your revulsion against.

The point is, that providing you beat your nemesis, your actual time is only a fraction of the importance of the race. This is because if you have kept your nemesis in view for the whole race, then passed them with only fifty yards to go, the rush you get is so much greater than getting a PB. Particularly if your nemesis has a bad haircut, an awful accent, had cut you up at the start, was chatting to his mate about women in a degrading way and is wearing a Manchester United shirt, as one of mine was once. I just gave him a smug glance as he crossed the line behind me and grinned to myself as I walked to the car.

Unfortunately though, the downside is if you don't manage to beat your nemesis. At the Windsor Half Marathon one year a loud mouthed South African, dressed in triathlon gear, who was talking about how crap it was living in England and who was my nominated nemesis for the day, beat me in the last mile. Despite smashing my PB, losing to this guy destroyed any enjoyment I got from the race, even though I had run a great race myself. But then again this nemesis was probably the reason why I got a PB.

In summation, a running nemesis can help to improve race performances, particularly towards the end of the race when you clap eyes on the guy



who said to you at the start line 'I think I finished just ahead of you last year' and you find the energy from god knows where to beat him on the finishing line and make him eat his words.

So if you haven't used this technique before then try it at your next race, but remember that you are probably somebody else's nemesis too.

**Gary Gibbons**

## RACE REPORTS...

### Ultra Trail du Mont Blanc

Tue, 16/10/2007 - 18:19 — [streth](#)

Report from Ultra Trail du Mont Blanc.

Here's a good one for the end of the summer season. The North Face Ultra Trail du Mont Blanc. Bit of a mouthful as a title but it is what it says. Traditionally run at the end of August, the race roughly follows the path of the walkers' route around the Mont Blanc Massif. The full distance is 100 miles with 29,000ft of climb and the 'short course' is 53 miles with 12,500ft of climb.

To apply for the full distance you need a documented history of off-road ultras, for the half you need 130 euros! I was put up to it by a triathlon mate who was mysteriously called back to the oilrig before he had a chance to apply! After some general long distance training, I went out to Chamonix 2 weeks before the race to acclimatise, get in some final training and to walk the course.

Tony, the aforementioned friend, reappeared so we walked round the course in three days kipping in tents and mountain huts. Come Thursday, it was a quick trip through the tunnel to Courmeyer in Italy to register, then back to Chamonix. I had decided on a hotel rather than tent for the nights before and after the race, a) as it's less hassle and b) as my wife had come out to join me for a few days.

Friday was through the tunnel again for a midday start. Fantastic atmosphere. 1600 competitors, jugglers, fire breathers, school children, music. The lot. A claxon signalled the start with a gentle up slope to the bottom of the first climb of

2,500ft. Next, a 10 mile flat (undulating) with the fantastic view of the glaciers of the Grand Jurasses. A drop into the valley followed by a climb of 3000ft over the 12,000ft Col Feret into postcard Switzerland. There was a survival pod and 2 paramedics at the top who had been dropped in by helicopter. No one needed them luckily.

A long, long descent followed by another climb to Champex (hot pasta available), by which time it was dark and the head torches had been switched on. Two final climbs in the dark (head torches snaking their way up the hill on the other side of the valley, 4 hours ahead. Most demoralising! The sun then came up- only about 5 hours to go. Spirits were definitely lifted so a gentle jog/walk to Chamonix and the finish.

Again, a superb atmosphere. Running the final 300m gauntlet of the packed outside bars and restaurants with everyone standing up and clapping and cheering us tail-enders was enough to bring a lump to the throat. Overall the race was fantastic. The camaraderie, support, organisation, location and views couldn't be faulted. Walking poles were order of the day, jogged the easy flats and downs, walked the difficult flats and ups, feet were a bit sore but no blisters, 350 people didn't finish (but they call them 'abandonees' as only the French can!) and everyone got the same t-shirt for finishing. Perfect.

A race just for fun. I took 22 ½ hours (cut-off was 24 hrs). The winner took 10 ½ hours. The winner of the long course, a 59 year old called Marco Olmo, won in 21 ½ hours! Google him. Will I do it again next year? I'll have to discuss holiday plans with my wife! If you want to take part, look up ultratrailmb and apply within a nanosecond of it opening online (in Jan I think). Cheers

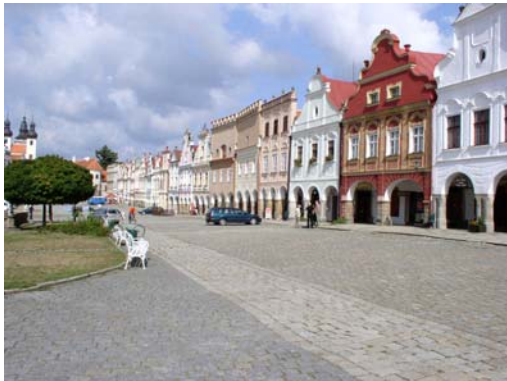
**Peter Streather**



## “Some Things Are Just More Fun In The Dark”

### **Prague Night Grand Prix 10K – 8<sup>th</sup> September 2007**

Pat and I have just come back from a cycling holiday in the Czech Republic, made up of a week cycling round Southern Bohemia followed by 3 days sightseeing in Prague.



(picture is of the town of Telc)

The cycling was great, and we visited some really beautiful villages and countryside.

We got into Prague on the Friday night, and over breakfast next day planned out where to go – starting in the main square and then we’d head off to Prague Castle, which would be good for at least the whole day, if not Sunday as well. So we took the tram down to the city, and headed for the main square:



It was not quite how we expected – rather than a pretty baroque square full of tourists and pigeons, we found ourselves right in the middle of Race HQ for the first ever running of the Prague Night Grand Prix, which was

that evening at 9pm. By a strange coincidence, our running kit just happened to be in our suitcase... and they were accepting entries on the day ☺ Not only that, but the race fee of £12 got us a proper Adidas running shirt (in the right size), a kit bag, a nice medal and lots of goodies from Adidas, Mattoni, etc. So, as you can imagine, the day got rapidly replanned, and we decided to leave the Castle till Sunday. However, we did still want to enjoy Prague, so we spent the day on fairly leisurely sightseeing, with a good Czech lunch and a couple of pints of (the real, czech) Budweiser at 4 o’clock. Not quite the way I usually prepare for a 10K!

Back to the hotel for a quick change, then down to the city for the races (in fact, separate men’s and women’s races – women first at 8.00, men at 9.00). Cheered Pat out and in on her race, then it was time for mine. Big crowd and lots of congestion at the start, but then a nice city centre course that took us round the cobbled streets of the old town, out to the river for an out-and-back kilometre on the east bank, before crossing to run along under the walls of Prague Castle, then back across into the town and the finish in the main square. After 5 days on a bike and then a day on my feet, with a fairly full stomach, I decided I’d just take it easy and enjoy being part of the race. Narrow cobbled streets, pretty churches and theatres, it all makes a really nice course, added to by the night-time setting. After the first 2K, I realise I’m actually feeling OK, and as we cross the Vltava River towards 5K I am starting to pass people. Half-way comes up in 22 minutes, and I decide I do care about my time, so I push hard back towards the city centre, though still not forgetting to do my share of sightseeing along the route. Find myself on the finish straight back to the square, and cross the line in 42mins for a chip time of 41.40 – so, a negative split, I think it’s my first ever in a 10K. Think I must train on draught lager more often.

Nice medal presented by smiling czech girls is the cherry on the cake – the medal is engraved “Some Things Are Just More Fun In The Dark”



Find Pat again and then we head off to meet up with our cycling group – the night is just beginning.

**Steve Moody**

## PERSONAL TARGETS...

As you all know (and hopefully love) BFR is not a pressure club and generally lets everyone get on with what and how they run. But we would like to try and offer it bit more if we can. If you are happy in doing what you are doing then do not worry, we will not be on the side of the track with a stop watch on you.

But if you would like to fill out your targets for next year, we will try and produce some training plans and/or try and put groups of runners with the same ambition together to try to achieve your goals.

Distance	Time	Target Date
1 Mile		
5K		
10K		
½ Marathon		
Marathon		

You do not have to fill in all distances and if you want to target something specific like 2 Min 400m then let us know. I am not promising anything right way, it all depends on the response.